Motorcycle Safety relies primarily upon the rider to make sure he is seen by other motorists and that he sees them. Riding within your own abilities and your bike's

67 IOW SUMMER SAFETY 2001

PLAY IT SAFE ALL SUMMER LONG

6. Supervis & Review
1. Identify the Hazards
5. Implement Risk Controls
2. Assess the Risks
4. Make Control Decisions
3. Analyze Risks Control Measures

During the summer, many of us will enjoy exciting, new, and fun-filled activities with friends and family. Picnics, water sports, fishing and vacation drives are but a few that will be at the top of our lists. This high outdoor activity normally starts prior to the Memorial Day and continues through the Labor Day weekend. The Air Force “101 Critical Days of Summer." encompass the same period of time. Unfortunately, during this heightened activity period, many people lose their lives while enjoying the very summer activities that pique their interests.

Historically, the majority of fatalities occur in private motor vehicle accidents. Last year, 19 Air Force members lost their lives during the “101 Critical Days of Summer”. Sixteen fatalities occurred off duty, only 7 of the 16 were using seatbelt or helmets. Alcohol use was the factor in two fatalities, one private motor vehicle and one motorcycle. Water-related activities resulted in two fatalities,one on and one off duty. These numbers reflect a record low for the Air Force and indicate mishap prevention programs are paying off in reducing fatalities and injuries. Inattention, fatigue, traveling too fast for conditions, and alcohol abuse are the common causes to these mishaps. The keys to ending these senseless fatalities and staying alive are: defensive driving, seatbelt use, helmet use , using designated drivers, personal risk management and using good common sense.

Summer is a time to relax, play and enjoy outings with family and friends. It is each and everyone’s responsibility to identify the hazard (s) of the activity and take appropriate actions to eliminate, reduce, or avoid the hazard. Taking just a few minutes n of time to plan activities will give

In-Line Skating

In-line skating has taken off in great strides over the years, becoming one of the most easily accessible and fun activities for the beginner and the experienced skater. Being prepared physically and choosing the right equipment will make your in-line skating more enjoyable and decrease the chance of personal injury.
Neglecting a proper stretch and warm-up routine is a frequent cause of preventable injuries. Properly stretching reduces muscle tension, increases the range of motion, and prevents injury. A strong, stretched muscle resists the stress of a fall better than a strong, tight muscle does.

Protective Gear

You can prevent or lessen your injuries if you fall by wearing the appropriate Personnel Protective Equipment (PPE). Below is a list of the PPE you should wear when in-line skating.

- Wrist guards
- Knee pads & Elbow pads
- Helmet

Safety Awareness

Rules Of the Road

Becoming familiar with the base skating rules and regulations is a must! Remember that every base has different rules and regulations.

By using the **Y**a**ness** **A**ti**n-Action** method, you having already fores rio and planned for a oidance.

Bicycling Safety

Cycling is a popular fitness activity for all the ages and not just health conscious adults. It provides an alternative means of commuting to and from work and relieving stress. However, cycling without a helmet can lead to serious head injuries. Without a helmet, the fall from a bike can kill you. For this reason, **a helmet is essential and can greatly reduce your chance of a head injury and besides that Air Force Safety guidance requires Air Force personnel and their family members to wear helmets while riding bikes on base.**

Why do you need a bicycle helmet?

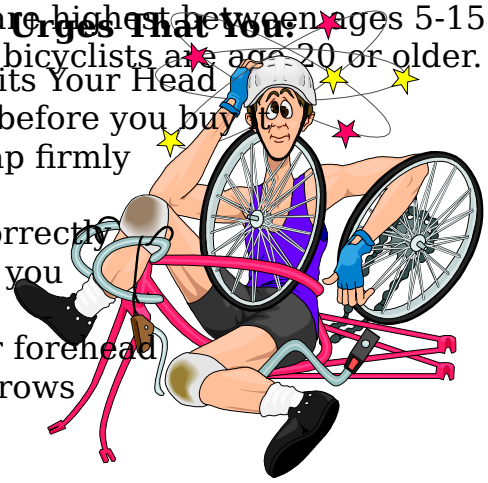
A recent national research study has shown that every year in the United States:

① Head injuries with bicyclist are noted in 65,000 emergency room cases and 7,700 hospital admissions.
② Bicyclist hospitalized with head injuries are 20 times as likely to die as those without.
③ Bicyclist injury rates are highest between ages 5-15.
④ 56% of fatally injured bicyclists are age 20 or older.

The Snell Foundation Urges That You:

❶ Ensure You Helmet Fits Your Head
- ■ Try the helmet on before you buy it
- ■ Adjust the chinstrap firmly but comfortably

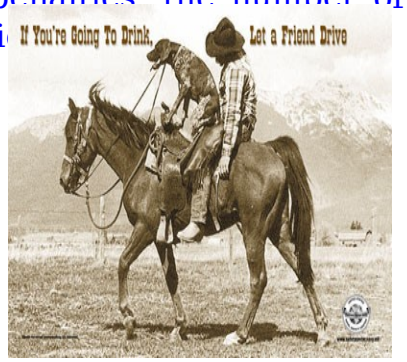
❷ Wear Your Helmet Correctly
- ■ Wear it every time you ride your bicycle
- ■Wear it low on your forehead just above your eyebrows
- ■ Always fasten the chinstrap firmly



❸ Read and Follow All Directions Carefully
- ■ Only use manufacturer approved decorations and cleaners
- ■ Replace your helmet if it has been damaged
- ■ Replace your helmet at least every five years

DRINKING AND DRIVING A DEADLY COMBINATION

Every 22 minutes, someone will die in an alcohol-related traffic accident. Although you probably think that it could never happen to you, experts say everyone has a 40-percent chance of being in a crash involving alcohol use sometime in their life. According to a Gallup survey funded by State Farm for Mothers Against Drunk Driving (MADD), drunken driving is our No. 1 highway safety problem. Through education, increased law enforcement and stiffer penalties, the number of alcohol-related traffic acci



Protective Measures

Protect Yourself And Others. If you drink, be responsible. When with a group, choose a designated driver. Having one person agree to drink only non-alcoholic beverages and for other members of the group will save lives. While designated driver programs can help reduce the risk of drunken-driving accidents, here are some things you can do as a host to ensure responsible drinking at a social function:

provide transportation.

- Provide plenty of non-alcoholic beverages
- Do not pressure guests to drink
- Serve food to slow the rate of absorption of alcohol
- Stop the flow of liquor at least one hour before the party is over
- If guests drink too much, call a cab or arrange a ride with a sober driver

Boating Safety

A review of boating accidents shows a variety of factors are involved in the typical mishap. Improper weight distribution, overloading, inattention to weather conditions and improper lookout are the chief causes of accidents. Hanging over the side and riding on the bow, combined with unexpected turns, lead to falls overboard. Alcohol and boating accidents go hand in hand. Alcohol lessens alertness and the sense of balance that is crucial to accident free boating. This can occur with as little as one or two drinks. The U.S. Coast Guard reports alcohol involvement in over 50 percent of all serious boating accidents.

EXAMPLES

* An father took his six year old son fishing with him in his 17' bass boat. The child lost his balance and fell overboard. The father attempted to rescue his son but both drowned. Life jackets were available but not worn.
* Three friends drowned during a fishing trip when their 15 foot boat was swamped by waves from an unexpected storm.

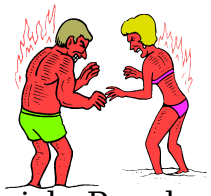
Seven people were in the rented boat. The boat's capacity plate indicated a maximum safe occupancy of six persons.

RECOMMENDATIONS

Enroll in a boating safety course. The local Coast Guard Auxiliary can provide the information necessary to enroll. Do a pre-season inspection of your boat, motor, and safety accessories and check them each time you go out. Install a dead-man ignition switch on your motor. Abide by the manufacturer's load capacity plate on the boat. It lists limits for people, motor and gear. Don't

Hot Weather

Summer heat waves bring unusually high temperatures may last for days or weeks. In the summer of 1980, a severe heat wave hit the United States, and nearly 1,700 people lost their lives from heat-related illness. Each year,



high temperatures put people at risk. People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness.

During Hot Weather

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important;

Drink Plenty of Fluid

Increase your fluid intake - regardless of your activity level. During heavy exercise in a hot environment, drink 2-4 glasses (16-32 ounces) of cool fluids each hour.

Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. This is necessary for your body and must be replaced. The easiest and safest way to replace salt and minerals is through your diet. Drink fruit juice or a sports beverage during exercise or while working in the heat. Do not take salt tablets unless directed by your doctor.

Wear Appropriate Clothing and Sunscreen

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.

Pool, Diving, And Swimming Safety

As the weather becomes warmer, reports of accidental drowning become all too common. Drowning victims encompass all age groups- the toddler who fell into the family pool, the teenager who dove into a lake and struck an unseen rock, the adult who was pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases, is that the drowning accident could have been prevented. Learn these basic rules for drown-proofing your family, before an accident becomes a tragedy.

Pool Safety

If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately (infants as young as a few months old can learn to swim their way to safety). Invest in an approved safety cover and keep the pool covered whenever it is not in use. Fence in your pool to prevent curious youngsters from entering the pool area without your permission. Never allo or young children access to the pool ult supervision.

Diving Safety

Diving into shallow water, or striking an unseen obstacle can lead to unconsciousness, spinal cord injury, and all too often, death. Always test water depth before diving, and if you are unable to see below the water's surface, don't dive. Even if you are sure your path is clear, keep your arms extended above your head when diving. Your hands (not your head) will hit an unseen obstacle first.

Swimming Safety

Whenever you swim (in a pool, lake, or ocean), always have a partner nearby. Observe warning signs- "No lifeguard on duty", "Dangerous undertow," etc. Never swim when you are tired, under the influence of alcohol, drugs, or medications, or when

Car or should we say Oven Safety

Never leave your child or pet in the car in the hot sun. Temperatures can rise as high as 120 degrees within minutes and reach over 200 degrees . The results could be horrific.

In Pinellas County, Florida family is mourning the loss of their two-year old daughter after a tragic accident in the summer heat. She got into a hot car in front of her home and wasn't found until it was too late. The little girl was in the car for 20 minutes before she was found. Her temperature was 108 degrees. She was rushed to the hospital, but later died. This has happened numerous times as a result of the heat. When you get out of your car, make a habit of locking the doors!

Here are some safety precautions you should be aware of:

•Prior to entering a vehicle that has been parked in high temperatures, motorists should open the vehicle's doors and let the interior cool for a few minutes.

•A sun shield can be used to cover the windshield, minimizing heat build-up and protecting the car's interior.

•Cover metal and plastic parts on safety belts and child safety seats to prevent burns.

•Some motorists opt to leave a window partially open to help keep their vehicle cooler.

Roller Coaster Safety Tips

Safety Suggestions

Here are some safety suggestions for families adapted from saferparks.org (run by consumer advocates concerned about ride safety) and www.iaapa.org

1.Keep hands, arms, legs, and feet inside the ride at all times.

2.Point out riders who are following the rules, and those who aren’t.

3.Talk with kids about how to behave on a ride.

4.Ask yourself: "Do I fit comfortably in the restraint?" If you do not sit -- or fit -- in the seat properly, the safety restraint may not function properly.

Hiking Safety

Whether backpacking or a simple day hike, there are some common sense safety considerations and plans that will make your experience more enjoyable and safer.

Pre planning is important

Take time to pre plan your trip with everyone in your party... never plan to hike by yourself. Make a list of all equipment you will need. Prepare for unusual weather changes. Also, be prepared for a delayed return. Don't over pack - consider the weight and bulk of every item. Plan a route on a well detailed map, leave a copy with someone who will remain behind. Your group assess the skills of each person who will make the hike. Plan a route with every ones skills in mind, Do not hike in rough or steep terrain if you have novices in the group .

Water

All water from the wild must be boiled for 5-10 minutes, filtered or treated with iodine tablets before it is consumed. This is to prevent Giardia lamblia and other intestinal parasites.

Insects

Wearing perfume, cologne and sun blocks can attract unwanted insects and animals. Bright clothing also attracts many insects that could make your trip very unpleasant.

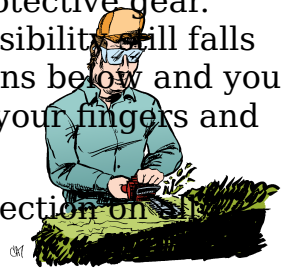
Emergencies

At least one person in your group should be competent in advanced first aid. If you plan on using a cell phone for emergency communication call the local cell phone service provider to ensure it will work. Take not only a first-aid kit, but also, material for fire starting and shelter (lightweight plastic sheeting or ponchos)

Looking out for others

"A NEAR MISS!"

Most of us who have mowed grass, have probably had a near miss with the mower. Maybe just a little slip, that reminded us to stay on our toes. The combination of mowing on a hill and damp grass is a dangerous situation, one slip and you could find yourself or a body part under the mower. Be sure you are wearing proper shoes or you could be heading for a serious injury. Protect yourself by recognizing the hazards of mowing and wear the right clothing and protective equipment. If your required to mow grass or use a grass trimmer at work, your supervisor must provide safe lawn equipment and protective gear. However, the majority of the responsibility still falls on the user. Following the suggestions below and you can help ensure a lifetime use of all your fingers and toes:



·Conduct a pre-season safety inspection on all your lawn equipment.
·Wear safety toe shoes or metal toe guards.
·Wear hearing protection.
·Set the cutting height of the blade before you begin mowing, with the motor off.
·Clear loose objects off the lawn before you start the job, such as sticks, rocks, trash, wire, toys etc..
·Ensure children are a safe distance away from all cutting activities.
·To start the mower, place one foot on the housing to hold the mower in place, put one hand on the handle for balance, and pull the rope with the other hand.
·Wait until the lawn dry before mowing.
·Always mow across a hill or slope, not up and down. It's easier this way, and makes it **less likely you'll slip**.
·Always turn off the mower before attempting to